

Kathleen and Robert Lawther Center - 16024 Madison Ave ... 216-521-1515

Transportation to luncheon site & special events please call 216-521-1288

Nutrition Information for Congregate Meals & Home Delivered Meals please call 216-529-5000

Volunteer Services, Programs and Activities please call 216-529-5005.

Social Work / Outreach please call 216-521-1515

For medical appointments please call Senior Transportation Connection (STC) @ 216-265-1489

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A Gentle Reminder to all Participants of Lakewood Division of Aging

We would appreciate it if you would consider the following suggested donations:

A ride on the Division of Aging bus to the senior center and home / or Giant Eagle is \$3.00 round trip. Lunch is \$1.00 per day.

Have You filled out your PIF yet?

All Division of Aging participants must complete a Participant Intake Form annually. This information is required by our funders. Please make sure forms are fully completed. Contact the Social Work Office at 216-521-1515 with questions or concerns.

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The Lakewood Division of Aging's services are funded in part by a Title III grant under the Older Americans Act, administered by the Ohio Department of Aging through the Western Reserve Area Agency on Aging, Cuyahoga County through the Health and Human Services levy and Program Donations.

Thank you for your support.

Visit the City of Lakewood website at www.lakewoodoh.gov

It is the policy of the City of Lakewood that there shall be no discrimination on the basis of race, religion, color, age, sex, national origin, sexual orientation or disability.

Kathleen and Robert Lawther Center
16024 Madison Ave
Lakewood, Ohio 44107



Lakewood Senior Services

Lakewood Department of Human Services
Division of Aging

December 2021

Don't Forget....

Annual Holiday Party and White Elephant Gift Swap

**Monday, December 13th
9:30 A.M. to 1:00 P.M.**

Lawther Center
16024 Madison Ave.

Christmas carols, some special Christmas treats, a Christmas movie and a White Elephant gift swap.

Just before lunch we will hold our annual "Illuminate A Memory" commemoration. We will honor friends and loved ones with a personalized ornament.

Call 216-529-5000 by Wednesday, December 8th to reserve your lunch and a ride.



The Santa Shop Returns!



We are so happy to have our **Santa Shop** for the holidays this year. This is a fantastic opportunity to pick up some very fun items that will be perfect for all gift giving occasions.



...d to be wowed as
...rm the basement
...om into a Winter
...land. Beautiful
...s, seasonal music,
...nacks and some
...hopping deals!

December 6th, 7th, 8th and 9th from
9:30 A.M. to 1:00 P.M. at the
Lawther Center, 16024 Madison Ave.

See you there!!

Illuminate a Memory



We invite you to join us and the Lakewood Foundation for our annual Illuminate a Memory program. Purchase a dove ornament in honor of a loved one and hang on our tree or yours for the holidays. What a wonderful way to honor your special someone and make a donation to sustain Senior Programming.

Please cut out the form and make your contribution today. Attach additional names to the cut-out form.

Illuminate a Memory

Your Name _____

Address _____

Telephone Number _____

Name on ornament _____

Acknowledge to: Name _____

Total enclosed (\$5.00 per ornament) _____

Make Checks payable to
The Lakewood Foundation

Thank you for your generous donation.



*Happy 2021 Holiday Season!
I hope this finds you all well and filled with the Holiday Spirit.*

As we move along throughout our days and anticipating fun gatherings with family and friends, I hope you are enjoying good health and remaining safe. And, as we prepare for another winter here in Ohio, please remember to be kind, thoughtful and respectful of others and the fact that for some, the holidays are difficult. Reach out to those who may be alone or down on their luck. Offer to help when you can and are able. Send a card of cheer to a neighbor or someone you have not heard from in a while. Offer to carry a bag, open a door or simply wish someone "Happy Holidays."



*A smile and a kind gesture go a long way.
Susan*

**Let's go shopping!
Come along as we begin Holiday shopping trips to:**

Walmart
Tuesday, December 7th
From 12:30 P.M. to 3:00 P.M.

SouthPark Mall
Monday, December 27th
From 11:00 A.M. to 2:30 P.M.

Space is limited. Reserve your spot in person at the Lawther Center.

Snow Removal

If...you are a homeowner in the City of Lakewood, meet the income guidelines and need assistance with snow removal, please call us at **216-521-1515** and we may be able to help.



A Volunteer may be matched to you to clear the walkway and access to your driveway if needed. Contact us for more info!

Grocery Shopping with Lakewood Division of Aging

Thursday afternoons, Shop twice a month. Call 216-521-1288 to reserve your spot.



Beginning in January 2022, the Division of Aging will be offering Thursday afternoon transportation to Giant Eagle, 14100 Detroit Ave. Shoppers will be assigned a bi-weekly rotation. Shoppers are limited to four bags per trip. Call 216-521-1288 one week in advance to schedule your ride.

The Benefits of Movement and Exercise

With Vickie Yannie of Dedicated Senior Medical Center

As we know there are multiple benefits to staying active. Not only do we feel better and have our moods lifted, but there are many long-term health benefits as well.

Join us on:
**Wednesday, December 8th
10:30 A.M.**

STAFF NOTES ...

Sharon's Scribbles - Fun facts for December: The 6th is St. Nicholas Day, the patron saint of children; The 7th is Pearl Harbor Day; December 10th is Hannukah, the eight-night festival of lights; and December 21st is the Winter Solstice, the astronomical first day of winter in the northern hemisphere.

Nutrition Notes – Avoid foods with “empty calories” with solid fats and added sugars but with little to no nutrients, which lead to weight gain & nutritional deficiencies. The low sodium lunches served at the Lawther Center are nutritionally balanced and created by a licensed dietician. Call the Nutrition office at 216-529-5000 to sign up.

Barry's Blusterings – We hope that you are looking forward to the upcoming holiday season, as well as to the new year. We have a great many holiday activities this month and of course, we are all eagerly looking forward to all the big changes coming up in 2022. It's going to be so exciting to be moving into our new center!

Jill's Jottings - Did you know that spider webs or spiders are considered signs of good spirit during Christmas? Yes, in Poland, people believe that a spider wove a blanket for the baby Jesus. Since then, people believe in good luck and good spirit whenever they see a spider in their houses. How amazing that is!

Pete's Posts – Happy holidays everyone! Let's take time to reflect and recognize what the season is truly about. The most important possession we have outside of our health is family. Let's be thankful for our many blessings. Happy holidays to you all and thank you for the opportunity to drive and be a part of the community.

Dan's Doodles – Just a quick note to wish everyone a Happy Holiday Season! Remember that Medicare Open Enrollment's last day is Tues. December 7th.

Hahn's Happiness – Although the Holidays can be a happy time to spend with friends and family, Christmas season may sharpen the dull pains of loneliness. Take time to reach out to that neighbor or friend who is alone. Try sharing a card, cookies, or a little time. Be respectful, whether you are the giver or the receiver of that gift.

Sharing with Stacy - Wishing you all a safe and Happy Holiday Season! Take care of yourself, be kind and good! If you are feeling lonely this holiday season, remember *You Are Not Alone* and it is okay to feel this way. Some things to rid off the gloom would be to start a journal and write memories that were precious to you during this time of year or write cards or letters to those that are serving the country while they are away from their loved ones. Make sure to keep your expectations appropriate for yourself and don't compare yourself to others!

It's Time to Resubscribe!

Have your activity calendar sent directly to your home.

Lakewood Division of Aging
Monthly Calendar Subscription
\$7.00 Annually.



Name _____
Address _____
City _____ State _____ Zip _____
Phone _____

Make your check for \$7.00 payable to:
The Lakewood Foundation

Send to:
Lakewood Division of Aging
16024 Madison Ave.
Lakewood, OH 44107

You will receive your calendar at home all year!

Or if you prefer.....

Receive your monthly activity calendar electronically for free!! Your email will arrive one week prior to the start of the month.

Write out your email address.

**Exploring Our Beliefs:
Native American Spirituality**

Monday, December 20th
12:30 P.M.
Lawther Center
16024 Madison Ave.

We will be joined by Sundance, the Executive Director of the Cleveland Chapter of the American Indian Movement (AIM).

Native American Spirituality encompasses a widely varied, highly diverse collection of beliefs and practices shared by America's First Peoples. These traditions all share a deep respect and reverence for nature and our place in it.





*Monthly Cleveland Orchestra
Matinee Concerts*

The Lakewood Division of Aging will be providing transportation to Cleveland Orchestra Matinee concerts. Enjoy a concert by America's greatest orchestra.

We leave Lakewood at 9:15 A.M. Enjoy a pre-concert talk at 10:00 A.M. followed by an hour-long performance beginning at 11:00 A.M.

\$35.00 to be paid four weeks prior to each concert. Space is limited. Call Activities at 216-529-5005 for more info.

Friday, February 18th – 11:00 A.M.

Mahler's Titan

Connesson: Flammenschrift (Letter of Fire) PREMIER

CLEVELAND
botanical garden

**A Garden Holiday Trip to the
Cleveland Botanical Garden**

Tuesday, December 14th
10:30 A.M. to 2:00 P.M.

\$10 senior rate, payable at the door.

It's the most wonderful time of the year at the Botanical Garden. You will delight your senses and be transported to a holiday wonderland. The array of Christmas trees sponsored by community organizations will get you into the holiday spirit.



Have some lunch at the café, do some Christmas shopping in the gift store and enjoy the rest of the Botanical Garden's permanent exhibits.



Great Lakes Theater
Senior Matinee Series presents

"Ain't Misbehavin"

February 17, 2022 @ 10:00 A.M.
Hanna Theater @ Playhouse Square

Leaving Lakewood at 9:00 A.M.
Senior Group Rate: \$20.00

This Toni Award winning musical showcases the infectious energy and masterful stylings of the legendary jazz musician Thomas "Fats" Waller.

Save the Date...

Shakespeare's **"Much Ado About Nothing"**
Thursday, March 24, 2022

"The Marvelous Marvelettes"
Tuesday, May 3, 2022



The Play Reading
Group Performs...

**Two Christmas-themed
Old-time Radio serials**

This month the Play reading Group is going in a different Direction. Join us for two short Radio plays: "Fibber McGee and Molly" and "Dragnet". Both programs will have a Christmas theme. Most importantly they will be FUN!

**Presented in two parts, in-person at
Lawther Center beginning at 12:30 P.M.**

Thurs, Dec. 9th – Fibber McGee and Molly
Thursday, December 16th - Dragnet

If you are interested in being a part of the Play Reading Group (Give it a try!!) call the Activities Office at 216-529-5005



We are returning to one of
Cleveland's best kept secrets:

Trinity Cathedral's Brown Bag Concert Series

Wednesday, December 1st at 12:00 P.M.
"A Jazzy Christmas"

Wednesday, December 15th at 12:00 P.M.
"The Annual Messiah Sing"

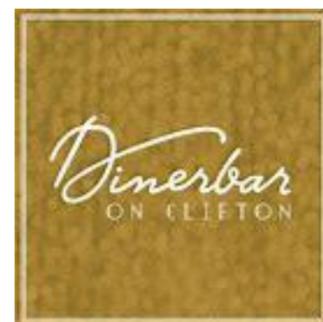
Leaving Lakewood at 11:00 A.M.
\$3.00 suggested donation for transportation.

Proof of vaccination is required prior to entry.
Masks are required at all times.

At the present time due to COVID restrictions, no food or beverages are permitted in the sanctuary. We will serve an early box lunch at Lawther Center at 10:30 A.M.

LDOA box lunch reservations must be made no later than Wednesday, November 7th.

Questions? Call Activities at 216-529-5005.



**The Lunch Bunch Goes to
Dinerbar on Clifton**

11801 Clifton Blvd.

Monday, December 6th
Leaving Lawther at 11:00 A.M.
Make your reservations at Lawther Center.

The Dinerbar on Clifton is one of Lakewood's newest foodie destinations. Enjoy some upscale selections in a beautiful dining atmosphere.

Salads between \$5.95 – 14.95
Burgers and Sandwiches between \$7.95 – 14.95
Hot entrees between \$10.95 – 12.95



**Let's Get
Some Ice Cream**

In December we will be going to
Baskin Robbins
16204 Lorain Rd. Cleveland

We all know that Baskin Robbins is the gold-standard of frozen treats. With 45 different ice cream flavors plus cakes and pies, sundaes and their world-famous polar pizza you will certainly find something to tempt you.

This same storefront houses Dunkin Donuts. Grab a donut for breakfast tomorrow or enjoy one of their deliciously flavored coffees.

The only cost is for your treat!

Preregister at Lawther Center to reserve a spot.

Tuesday, December 21st
Leaving Lawther at 12:45 P.M.

**Book
Discussion
Club**

We will be reading....

**"Book Woman of
Troublesome Creek"**
By Kim Michelle Richardson



Tucked deep into the woods of Troublesome Creek lives blue-skinned, 19 year old Cussy Carter the last living female of the rare Blue People ancestry. She becomes a traveling librarian bringing books and friendship to the people of Eastern Kentucky.

Thursday, December 23rd at 1:00 P.M.

There is still room to join if you haven't signed up yet.

Call 216-521-1090 to join the Book Club. We will deliver the book and once read you may join us on Wednesday for the discussion.

The January Book Club selection will be
"A Piece of the World"
by Christina Baker Kline.

December 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrition Education Presentation: “Get to Know the Nutrition Food Label”. Presented by Alison Dankovich, Registered Dietitian, Avalon Food Service</p> <p>Tuesday, December 7th at 11:00 A.M.</p> <p>Making healthy diet choices are important to help you feel your best and stay active. The nutrition food label will help you to identify healthy foods and determine foods that you should limit or avoid.</p>		<p>1</p> <p>9:00 Blood Pressure Clinic – O’Neill HC 9:00 Medicaid Paperwork Help 9:30 W.O.W. group 9:30 A Matter Of Balance 11:00 Trinity Brownbag Concert 12:30 Bingo</p>	<p>2</p> <p>9:30 Humanities Group 9:30 Adult Coloring - Mandalas 10:30 Adaptive Yoga (Room Change) 12:30 Adaptive Tai Chi (Room Change) 12:30 Yahtzee 1:30 Chinese Checkers, Chess, Checkers</p>	<p>3</p> <p>Giant Eagle</p> <p>9:00 Grocery Shopping 1:00 Grocery Shopping</p>
<p>6</p> <p>9:30 – 1:00 Santa Shop 9:30 Hangman 10:30 Trivia 11:00 Lunch Bunch to Clifton Dinerbar 12:30 Uno</p>	<p>7</p> <p>9:30 – 1:00 Santa Shop 9:30 Table Top Bowling 10:30 Activities Committee Meeting 11:00 Nutrition Education Presentation 12:30 Spelling Bee 12:30 Walmart trip</p>	<p>8</p> <p>9:00 Blood Pressure Clinic – St. John’s 9:00 Medicaid Paperwork Help 9:30 A Matter of Balance 9:30 – 1:00 Santa Shop 10:30 Presentation: Benefit of Movement and Exercise 12:30 Bingo</p>	<p>9</p> <p>9:30 – 1:00 Santa Shop 9:30 Crafts 10:30 Adaptive Yoga (Room Change) 12:30 Play Reading Group 12:30 Adaptive Tai Chi (Room Change)</p>	<p>10</p> <p>Giant Eagle</p> <p>9:00 Grocery Shopping</p> <p>No afternoon grocery shopping</p>
<p>13</p> <p>9:30 Annual Holiday Party 12:30 Afternoon movie 12:30 Senior Chefs w/Jill 1:30 Skipbo</p>	<p>14</p> <p>9:30 Boggle 10:30 Botanical Garden Trip 12:30 Adult Coloring – Mandalas 12:30 Yahtzee 1:30 Backgammon and Chess</p>	<p>15</p> <p>9:00 Medicaid Paperwork Help 9:30 W.O.W. group 9:30 A Matter of Balance 9:30 Simply Virtual with Tom 10:30 Make It and Take It Craft 11:00 Trinity Brownbag Concert 12:30 Bingo</p>	<p>16</p> <p>9:30 Spelling Bee 10:30 Adaptive Yoga 10:30 Science with Dan 12:30 Play Reading Group 12:30 Adaptive Tai Chi</p>	<p>17</p> <p>Giant Eagle</p> <p>9:00 Grocery Shopping 1:00 Grocery Shopping</p>
<p>20</p> <p>9:30 Apples to Apples 9:30 Uno 10:30 Hangman 12:30 Exploring Our Beliefs 1:30 Adult Coloring - Mandalas</p>	<p>21</p> <p>9:30 Yahtzee 10:30 Coupon Clipping with Pete 12:30 Connect 4 12:30 Afternoon Movie 12:45 Ice Cream trip</p>	<p>22</p> <p>9:00 Medicaid Paperwork Help 9:30 Trivia 10:30 Uno 12:30 Bingo</p>	<p>23</p> <p>9:30 Boggle, Art 10:30 Adaptive Yoga 10:30 Table Top Bowling 12:30 Adaptive Tai Chi 1:00 Book Discussion Club</p>	<p>24</p> <p>Lawther Center closed in honor of the Christmas Day Holiday.</p> <p>No WRAAA Congregate or Home Delivered Meals served. No Transportation or Grocery Shopping.</p>
<p>27</p> <p>9:30 Spelling Bee 10:30 Yahtzee 11:00 SouthPark Mall shopping trip 1:30 Chinses Checkers</p>	<p>28</p> <p>9:30 Adult Coloring – Mandalas 10:30 Boggle 12:30 Humanities Group 1:30 What Would You Do?</p>	<p>29</p> <p>9:00 Medicaid Paperwork Help 9:30 Apples to Apples 10:30 Karaoke 12:30 Bingo</p>	<p>30</p> <p>9:30 Uno 10:30 Adaptive Yoga 12:30 Adaptive Tai Chi 12:30 Crafts 1:30 Checkers</p>	<p>31</p> <p>Lawther Center closed in honor of the New Year’s Day Holiday.</p> <p>No WRAAA Congregate or Home Delivered Meals served. No Transportation or Grocery Shopping.</p>